

Winter Festival at Elementary School



Kindergarten students of Ms. Mannix and Mrs. Rabago at Visitacion Valley Elementary School (VVES) sang Christmas carols during the school's annual Winter Festival in December.



Also making a rhythmic debut at the VVES festival was music teacher Mr. Y's New Percussion Ensemble.

HUD Announces Housing Apprenticeship Program

WASHINGTON — U.S. Housing and Urban Development Secretary Andrew Cuomo recently announced that HUD is accepting applications from public housing authorities for \$3 million in grants to establish apprenticeship programs that train residents in construction trades and public housing operations.

Under the guidelines of the Public Housing Apprenticeship Program, public housing authorities will partner with labor management organizations or sponsors of registered apprenticeship programs to provide training, educational and employment opportunities to public housing residents. The new program is part of HUD's Resident Opportunities and Self-Sufficiency — ROSS — initiative, which provides grants that help residents become economically self-sufficient.

"These grants will provide job training and ensure bona fide apprenticeship and employment opportunities for residents," said Cuomo, who noted that the public housing residents using this program would be placed in apprenticeship

programs registered by the Department of Labor, Bureau of Apprenticeship and Training (BAT) or a BAT-recognized State Apprenticeship Agency.

Grants will range from \$250,000 to \$500,000 over three-years. At least 75 percent of those selected for the apprenticeships must be residents of conventional public housing; the other 25 percent may be recipients of Section 8 assistance. In addition, those selected for the apprenticeships must be at least 16 years old.

Grant applications will be evaluated on capacity of the applicant and relevant organizational experience; need and extent of the problem; soundness of the housing authority's approach; ability to leverage resources; and comprehensiveness and coordination. The deadline for applications is February 26, 2001.

For more information on the Public Housing Apprenticeship Program, contact the local HUD field office or the HUD Public and Indian Housing Information and Resource Center at 1-800-955-2232.

Gas Prices Drop Again in Northern California

Northern California motorists received an early holiday present of lower gas prices, with a third straight monthly decrease throughout the region, AAA reported recently.

The average price for a gallon of regular unleaded self-serve gas in Northern California is \$1.84, down 8 cents from November and down 14 cents from the record high set in September, according to AAA's monthly gas survey. The nine-county Bay Area average is \$1.90, down five cents from last month, and down 18 cents from September.

Marysville, once claiming the fourth highest average in California last September (\$2.02), now has the lowest gas in Northern California, at \$1.68, down 16 cents from last month. Yreka, at \$1.83, had a record 22-cent drop in the last 30 days and gas there is 35 cents less than September. San Francisco reports the highest gas price in the state at \$1.99, six cents lower than November, followed by San Mateo, at \$1.98, down 6 cents, and Lake Tahoe, \$1.95, down 8 cents.

California has the second most expensive gas in the country at \$1.74, down 8 cents from November, up 40

cents from a year ago. Hawaii claims the highest gas at \$2.01; and Nevada is third with \$1.73. Southern California reports an average of \$1.70, with Los Angeles at \$1.64. The priciest gas in the southern part of the state is Bishop, at \$1.96; the best place to fill your tank this month in California is La Habra at \$1.52.

Nationally, AAA reports the average price of gas at \$1.496 per gallon, down 5.2 cents in the last month and 19 cents below last December. The states with the lowest gas in America are Kansas, (\$1.35) Oklahoma, (\$1.34) and Missouri, reporting \$1.32 per gallon.

"Crude oil prices have been puffed up too high recently because of market psychology, so this decline is both welcome and expected," said Alan Kovski, Managing Editor, Energy Business Watch. "Gas prices should continue their moderate decline through February and early spring, but we are not expecting OPEC to decrease production or attempt to lower crude oil prices in the near future. Additionally, a cold winter can put pressure on heating oil prices, which can affect the price of crude oil, and ultimately, the price for gasoline."

Voters Elect Maxwell District 10 Supervisor

District 10 voters in San Francisco on Dec. 12 elected Sophie Maxwell as their representative on the Board of Supervisors.

Final tallies including absentee and provisional ballots from the 529 precincts reporting in the district made Maxwell, a Bayview resident, winner with 5,887 votes, 55.3 percent of those cast. Linda Richardson, frontrunner in the general election on Nov. 7, received 4,762 votes for 44.7 percent.

Comprising the southeast section of San Francisco, District 10 includes Potrero Hill, Bayview-Hunters Point, and Visitacion Valley.

Maxwell is one of seven new S.F. Supervisors, including: Chris Daly, Matt Gonzalez, Tony Hall, Jake McGoldrick, Aaron Peskin and Gerardo Sandoval to join incumbents Tom Ammiano, Mark Leno, Gavin Newsom and Leland Yee in the new Board of Supervisors to be sworn in on Jan. 8.

HUD Releases 80,000 More Housing Vouchers

WASHINGTON — U.S. Housing and Urban Development Secretary Andrew Cuomo on Dec. 14 had good news for the nation's low-income renters when he announced that HUD is making available to public housing authorities funds for an estimated 80,000 additional Section 8 rental assistance vouchers.

During Cuomo's three years as HUD Secretary, the Administration has prevailed on Congress to fund some 190,000 additional vouchers more than the 1.3 million average funded each year. From fiscal years 1994 through 1998, Congress did not appropriate funds for any additional vouchers.

"Our best estimates show that more than 5.4 million American families need housing assistance," Cuomo said. "And thanks to the continual support of the White House, Congress has heard our pleas, reversed gears and acted to meet the pressing need for more assistance vouchers."

With the help of the vouchers, eligible low-income families spend no more than 30 percent of their monthly income for rent.

And thanks to legislation passed early this year, public housing authorities now can permit the vouchers to be used to help purchase homes.

The Dec. 13 Federal Register outlined the procedures that will be used to distribute the \$453 million for additional vouchers. Each of the 50 states, the District of Columbia, Puerto Rico, the Virgin Islands and the Pacific Islands will receive their "fair share" of vouchers, ranging from 11,176 in California to 105 in Wyoming. Public housing authorities will compete for the vouchers, with applications due at HUD headquarters in Washington, DC, by Jan. 29, 2001.

Because the demand for vouchers is expected to exceed the supply, applications will be evaluated and ranked by HUD according to the number of very low-income renters with severe rent burdens, efforts by housing authorities to promote area-wide housing opportunities for families, and the numbers of disabled families or Medicaid-eligible individuals served by the authorities who are at risk of being institutionalized.

No housing authority will receive more than 25 percent of the vouchers it normally receives, nor will any housing authority receive more than 25 percent of all additional vouchers awarded to its state.

If applications from one state seek less vouchers than the number allocated to it, the balance will be reallocated to other states.

The American Family:

Every Night at a Dinner Table Near You

HOUSTON — Like the Cleavers, the Bradys and the Huxtables, today's families tend to spend a lot of time together, especially around the dinner table. According to the latest findings from The Shell Poll, Fifty percent of Americans say they eat dinner at home with their family almost every night while an additional 18 percent of families eat together several times a week.

Not only are families breaking bread together, they are spending time together and appear to be happy doing so. Eighty-six percent of those polled are satisfied with their relationships with family members.

Sixty-three percent are "totally satisfied." In this day and age with both parents working and kids glued to their PCs, a surprising one-fifth of respondents (19 percent) think that family ties are closer today than they were in their parents' day, compared to only 7 percent who felt this way in 1971 (Louis Harris and Associates).

"Relationships appear to be thriving in this Internet age," said Susan Borches, vice president of Corporate Affairs for Shell Oil Company. "This survey certainly indicates that Americans value and enjoy spending time with family and friends. With the holiday season approaching, it's encouraging to see a well-connected society."

Family relationships are just one of the topics covered in the seventh edition of The Shell Poll, an opinion survey conducted for Shell Oil Company by Peter D. Hart Research Associates. More than 1,000 American adults were polled on a wide range of issues, including the Internet, friends in the workplace, holiday habits and knowing one's neighbors.

Families Stay Together

Family time is not only reserved for the dinner table. Sixty-two percent of Americans say they spend most of their leisure time with their family rather than with friends. Not surprisingly, those ages 35 to 49 who are most likely to have children are those most likely to spend a majority of their leisure time with family (68 percent). It is worthy to note that 58 percent of those age 18 to 34 also spend most of their leisure time with family versus friends (32 percent).

Calling Home

It's also nice to see that Americans stay in touch with their parents once they are out of the nest. A staggering 80 percent say they call home to speak to their mothers at least once a week while 66 percent talk to their fathers as often. Moms are particularly important to single men who are three times as likely as married men to call their mother every day (42 to 17 percent).

Using the Internet

The Internet is a standard tool in the workplace, but it's now playing a role in other arenas as well. Sixty percent of on-line Americans feel the Internet has helped bring people closer together and 55 percent say it has actually strengthened their relationships with family and friends.

Internet use is becoming as common for most Americans as turning on the television or microwave. Sixty-four percent of web users said they use the Internet daily, with 34 percent using the Internet for a few hours every day and 30 percent using the Internet every day although not for very long. Though not surfing the web to the same extent as younger Americans, nearly one-quarter of those age 65 and over (22 percent) use the Internet at home.

There has been much talk that e-mail is the communications medium of choice and The Shell Poll further supports this theory. Thirty-four percent of Americans exchange e-mail with friends at least "fairly often" and only 17 percent write letters to the same extent. Sixty-nine percent of frequent Internet users rely on e-mail to stay in touch with friends whereas only 62 percent use the telephone. Of seniors who use the Internet, 79 percent do so at least a few times a week.

You Must Have Friends

The Internet and e-mail are making our global village even smaller. Almost as many Americans say they have good friends who live far away as those who say most of their good friends live nearby (42 percent compared with 46 percent). Rates are even higher among frequent Internet users, 47 percent of whom have friends who live far away, compared to 39 percent of non-users who have long-distance friendships.

Fittingly, sixty percent of web users believe the Internet has brought people closer together by making it easier for people to interact.

Once friends get together they do a variety of things for fun. Seventy-six

percent at least occasionally eat out at a restaurant while 55 percent entertain at home. Fifty-nine percent of respondents go to entertainment or sporting events, and 47 percent attend parties with their friends.

In the Next Cubicle

The majority of working Americans (53 percent) claim to have at least a few friends from their current workplace and over three-quarters (76%) are satisfied with relationships with their co-workers. At a time when employees are being wooed by signing bonuses, free PCs and large expense accounts, the opportunity to socialize with co-workers is perhaps the greatest perk and the greatest source of satisfaction. According to the poll, the office workplace is the single most significant source of working America's friendships. Nearly one-quarter of employed respondents (24 percent) say they have made a large number of friends from their current workplace and 78 percent say they have made at least one or two friends at their current place of work.

It doesn't take long for friendships in the workplace to blossom. When asked, 49 percent of employed respondents said it took them only a few days to make friends with co-workers while 10 percent said it took a week and 20 percent said it took a couple of weeks. Over half of employed Americans polled (53 percent) said the majority of their friends were from their current place of work, more than any other social area including churches (38 percent), clubs and organizations (39 percent) and college (24 percent).

However, while working respondents said they have friends in the workplace, 55 percent said they spend very little time with them outside of the office.

Leaving a job for greener pastures may be easy, but leaving co-workers is a different story. Sixty-one percent of Americans have maintained friendships from previous workplaces.

Neighborhood Watch

Two-thirds of those polled (66 percent) say they are satisfied with their relationships with their neighbors and more than half (56 percent) say they know their neighbors fairly well. In fact, a majority (54%) would feel "very comfortable" turning to their next-door neighbor for help in an emergency and three-quarters (75 percent) would feel at least "fairly comfortable." When chatting with their neighbors, children and family are the topics most talked about (44 percent) followed by home improvement (20 percent), local issues (16 percent), weather (15 percent) and sports (9 percent).

Country vs. City

The differences between rural and urban Americans are brought to light in The Shell Poll. Seventy-four percent of rural Americans are satisfied with their neighborhood relationships, compared to 59 percent of urbanites; 66 percent of country-dwellers say they know their neighbors well, compared to 53 percent of city-dwellers.

Geography also comes into play when it comes to sociability. The Mid-West appears to be the friendliest area of the country, with 62 percent of respondents saying they know their neighbors well, compared to 60 percent of Southerners, 52 percent of Northeasterners and 49 percent of Westerners.

Shell sponsors The Shell Poll as a way to foster dialogue among Americans about substantive issues, values and lifestyles. The poll is an extension of the company's "Count on Shell" campaign to provide reliable and accurate information to consumers.

The Shell Poll is conducted by the Washington D.C. based survey research firm Peter D. Hart Research Associates. Telephone interviews were conducted Sept. 14 through 17, 2000, by trained interviewers with a representative national sample of 1,010 randomly selected American adults. Question results for the public sample have a margin of error of +3.3 percent for all adults.

Santa's Little Helper



Max, the cat was on hand during the holidays to help Santa bring joy.

Grapevine Mailbox

Secure Online Voting For Accurate Returns

Dear Editor:

The unfolding drama of our national election has given new relevance and immediacy to legislation I have been working on for California. Even though many have recognized that our balloting process could benefit from today's technology, it has been difficult to catch the public's interest ... until now.

As you know, our current balloting system in California is archaic, and the required safeguards are complex. Florida's example, for one, is certainly demonstrating the need to make our voting process as modern, accessible, and accurate as possible. And in today's world of technology, I believe we finally have the right tools to do it.

In California, we have already begun to explore new options. In November, four California counties participated in a non-binding online computerized election. In addition to casting votes in the traditional manner, the four counties allowed voters to try a computerized ballot system. Anecdotal we know that the public response was overwhelmingly positive.

Last year I introduced legislation, AB 2519, to create a binding online voting pilot program. Three counties would have allowed voters, at selected sites, to cast their real ballots, their real votes, electronically via a specially equipped online voting computer. These "electronic polls" would be wired to the county registrar of voters, "hacker-proof." Through this pilot we could study the efficacy and accuracy of secure online voting.

Although this measure was vetoed, I am reintroducing a similar bill next session. The need, more relevant than ever, is to study the possible benefits of secure online voting, including accessibility and accuracy.

Although new technology cannot promise a flawless election system, it's potential can't be ignored. We have an exciting opportunity here in California to explore cutting edge technology, and perhaps set an example on how modern elections should operate. I plan on leading the way.

Sincerely,
Kevin Shelley, Majority Leader
Assembly, California Legislature

What You Should Know About Tire Inflation

(NAPS) You: A big wheel when it comes to tire safety? Improper tire pressure causes premature wear and makes a car more difficult to handle, Automobile Association of America (AAA) experts report. Over- and underinflated tires also cost you more money at the gas pump. Yet few of us know the facts about properly inflated tires, studies show:

- *A USA Today survey of 50 motorists found underinflated or overinflated tires on almost every vehicle. Although tire manufacturers recommend checking the tire pressure monthly, most participants hadn't checked it within the past month. Also, most motorists incorrectly identified their tires' recommended air pressures.

- *Underinflation creates excessive heat and can lead to tire failure, which could result in vehicle damage and/or serious injury or death, reports the Tire Industry Safety Council.

- *Overinflation can also endanger motorists' safety. Such tires are more rigid and can be damaged, possibly leading to a blowout.

- *Low tire pressure will cause excessive wear on the outside of the tread. Too much air pressure will cause undue wear on the middle part of the tread.

- *Tire pressure will increase while driving, so it is important to check tire pressure when tires are "cold," in the morning or before starting a trip.

GRAPEVINE
VISITACION VALLEY

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Just Keeping Your Job Is An Olympic Event

by Robert E. Swift

(NAPS) After winning silver medals in the past two Olympics in men's team gymnastics, the Chinese prevailed in Sydney, and went home with gold dangling around their necks. The Games, a harmonious gathering despite the high stakes of world class athletic rivalries, are a wonderful example of how globalization can work.

Teams from around the world converged in Australia to engage in highly competitive contests to determine the best in their sports. The International Olympic Committee sets the rules and levels the playing field so everyone competes fairly. The system works as a result of this fairness.

Is the World Trade Organization in any way the economic equivalent of the IOC? Does the WTO establish equitable rules for each of the 135 participating countries?

In fact, the WTO allows for any number of advantages that in effect, give some "competitors" a head start. Many Third World countries are forgiven adherence to environmental laws. And they are allowed to pay workers whatever the local market will bear, even if this pay barely sustains poverty. Working conditions in some of the places are abominable.

China, benefactor to this year's winning men's gymnastics team, is one of those countries, which was a major consideration within our Congress as it mulled over the appropriateness of China's entry into the WTO, and all the privileges that come with membership. According to an article in Women's Wear Daily, "After weeks of uncertainty, the Senate is coming close to a vote on China's trade status, and all signs point to passage. (It has now done so.)"

"The House has already approved the measure. Noted Sen. Hollings of South Carolina, 'We don't understand the forces of globalization,' contending that U.S. trade policy puts domestic manufacturers at a disadvantage to low wage countries like China."

The Senator's concerns went unheeded. On September 19, following long and acrimonious debate, the Senate approved a bill to remove restraints on trade with China by a vote of 83 to 15. The move should usher them into the WTO.

The issues surrounding China and other Third World countries were put into clearer focus during the WTO's meeting in Seattle, where thousands of protesters tried to bring these points home. Countries such as China and others are provided advantages the rest of the world can't and wouldn't want to match, and so the era of globalization, while beneficial to some, is an unmitigated disaster to wage earners in the U.S. who must compete on this uneven playing field.

Despite the recent China vote, Congress is finally taking note. And so are others. As The New York Times reported late August, "Trade Support Is Dwindling, Fed Chief Says." Alan Greenspan told attendees at a conference out west that pragmatism rather than ideology was driving the adoption in country after country of policies intended to help meet the rigors of international competition, but he acknowledged what he called "deep seated antipathy toward free market competition."

It's no wonder. The so-called free market is costing this country dearly, especially in businesses such as textile and apparel manufacturing, where jobs are moving out of the country faster than they are being created in this go-go economy.

For the tens of thousands of workers who already have been thrown out of work for some remote diplomatic purpose, and for those who are hanging on to threatened jobs that may move to China, Mexico, or elsewhere, there is no solace in the notion that we will not improve our relations with the Third World...not when you have a family to feed. The Made in U.S.A. label is our personal answer to these government tactics. Look for it when you shop. It stands for jobs in America.

For facts on helping our economy by buying items made in America, write to the Crafted With Pride in the U.S.A. Council at 1045 Avenue of the Americas, New York, N.Y. 10018; or call at 212-819-4397 or fax 212-819-4493.

Robert E. Swift is executive director of the Crafted with Pride in U.S.A. Council, headquartered in New York City.

Recycling in San Francisco

by Lisa Schiller, Residential and Special Projects Associate, S.F. Recycling Program

Q: I heard that the Neighborhood Pickup Program has been changed, what is the new program and how can I participate?

A: "Bulky Item Collection" is the name of the new the program that has replaced "Super Recycler Day", the old neighborhood pickup program. It was started last year in an effort to recycle a greater amount of materials, to be more convenient for residents, and to make less of a mess in your neighborhood. If you live in a single family home or apartment building with up to 5 units, you are eligible for 2 FREE bulky item pick-ups per year. To make an appointment call Sunset Scavenger at (415) 330-1300. Residents living in apartment buildings with 6 units or more will have to coordinate with their building manager to arrange for a collection.

When you call Sunset Scavenger you will receive an appointment date within approximately 2 weeks of the date of your call. You are limited to 5 bulky items for disposal, which can include broken furniture, old carpet and broken household goods that do not fit into your garbage can. Besides the bulky items for disposal you can set out unlimited amounts of bulky items for recycling, including large metal appliances (washers, refrigerators etc), yard waste (must be in paper bags, cardboard boxes, or bundled), motor oil (in a plastic jug with a screw top lid) and scrap metal such as bicycle frames, pots & pans etc. Mattresses and electronic goods are currently considered bulky items for disposal (so they count toward your 5 item limit), but the San Francisco Recycling Program hopes to have those items recycled in the near future as well.

Don't forget that curbside recyclables like bottles, cans and paper, as well as concrete, dirt, hazardous waste, tires and garbage that fits in your trash can CANNOT be left out for Bulky Item Collection. When you call Sunset Scavenger to make an appointment you will be asked what items you will be setting out and they will send only the appropriate trucks to your house for the collection of those materials. Bulky Item Collection has

made great strides in recycling more materials than ever before. In fact, it is currently recycling over 50 percent of the materials left out for pickup!

Please remember that Bulky Item Collection is meant for items that can no longer be used or repaired. Unwanted gifts, appliances and household goods that you just don't want any more SHOULD NOT be thrown away. Old appliances, bicycles, books, clothes, household goods and music can be donated, or even resold. San Francisco is lucky to have a large reuse industry with a wide variety of businesses and charity agencies that specialize in second-hand goods, like Salvation Army. The San Francisco Recycling Program has several resources that can help you to find alternative ways to put your unwanted items back to good use. Doing this saves valuable resources and helps keep perfectly good items out of the landfill. To find out more information about where you can take these items call (415) 554-RECYCLE.

Q: What types of glass can I put in my recycling bin?

A: Glass beverage bottles and food containers (jars) of all colors can be recycled in San Francisco's curbside and apartment recycling program. You do not need to remove the paper labels or wash them out since these materials are burned off in the glass furnace during the recycling process. However, when you recycle glass you should remember that the following materials are contaminants to the glass recycling process and SHOULD NOT be placed in the recycling bin: metal caps, window glass, light bulbs, ceramic cups and plates, heat-resistant ovenware and drinking glasses. These items become contaminants because they are made of different materials (even if they look just like regular glass) and will not melt at the same temperature as bottle glass.

During the sorting process glass is sorted into 3 groups by color: green, clear and brown. During this time the unacceptable materials are usually pulled out of the load by hand from a sorting line or by a metal magnet. However, often there is so much contamination that some of these incompatible items enter the recycling process accidentally. This causes new containers to be formed with air bubbles, cracks or

deformities, making them useless.

Glass is one of the easiest materials to recycle and it can be recycled over and over again. That means the last bottle you used might have glass that was manufactured back in the time of the Gold Rush! Manufacturing glass from post-consumer glass instead of making it from raw materials also saves enormous amounts of energy. In California all glass bottles and jars produced are required to have a minimum of 35 percent recycled content and in San Francisco most of our glass is recycled right here in the Bay Area.

If you have questions or topics that you would like to see in future articles, please call 415-554-3400 or email sfrecycle@ci.sf.ca.us.

College-Bound Students Make Use of Internet

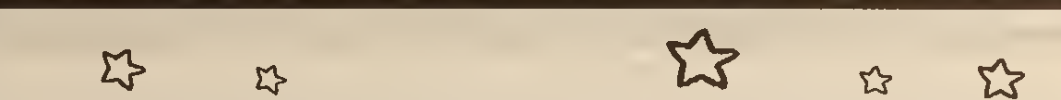
High school students planning to attend college next fall can use the Internet to begin the application process. ACT's website at www.act.org provides valuable information and links to help students search for colleges, take virtual campus tours and apply to hundreds of colleges online.

Application deadlines for some colleges and universities fall in early January. Getting information and filling out forms can be a time consuming task for students and their families. Electronic application can speed up the process.

ACT's website contains a Financial Aid Need Estimator which uses the federal financial aid formula to estimate what the student's family may be expected to contribute for costs at specific colleges. January is a good time to file a Free Application for Federal Student Aid (FAFSA) form for the fall semester.

The website also provides useful information regarding the ACT college entrance exam, including online registration, practice questions and the opportunity to order test preparation materials. ACT scores are used by virtually all four-year colleges and universities in the nation.


Registration deadline is Jan. 5 with a late deadline of Jan. 19. An additional fee is required for late registrations.




Happy New Year to You!

...and Happy New Life to Your Old Stuff...


Before you throw things away, see if they can be repaired and/or used again! Reuse helps keep materials out of the landfill, conserve resources and often supports community projects. A few examples:




Pedal Revolution (415) 641-1264
This non-profit accepts bicycles and bicycle accessories for reuse and repair. Sales support their training and work program for homeless youth.




Friends of the SF Public Library (415) 557-4257
They accept book donations at the main library, branch libraries and at their book bay at Fort Mason where books are resold. Profits support San Francisco libraries.



Community Computer Center (415) 822-4144
Refurbishes used computers through a youth training program and redistributes them to schools and homes in the Bayview.



SCRAP (415) 647-1746
The Scrangers' Center for Reusable Art Parts collects unwanted materials such as textiles, paper, art supplies, decoration and other reusable waste materials and makes them available to art teachers and educational groups.



sfrecycles.org
(415) 554-RECYCLE

Need more reuse information?
Call the San Francisco Recycling Program at (415) 554-3400.

Planning Alliance Outlines the Future Of Visitacion Valley

by Visitacion Valley Planning Alliance
The Visitacion Valley community is facing a rare opportunity. Development at the Schlage Lock site will have far reaching consequences for the neighborhood as well as the city of San Francisco. We must work together to achieve the best balance of land use to maximize jobs, housing, public transportation use, commercial space and neighborhood serving retail and amenities. By utilizing a neutrally administered, comprehensive, neighborhood planning process, we can insure that the development reflects good planning practices and meets the needs of the entire neighborhood.

In February 1999, Home Depot announced its intention to build a 108,000 square foot mega store with a 27,000 square foot nursery and 850 parking spaces at the former Schlage Lock site on Bayshore Boulevard in Visitacion Valley. A group of concerned residents formed the Visitacion Valley Planning Alliance (VISion) to address the Schlage Lock situation as well as other planning issues important to the neighborhood.

In terms of the Schlage Lock site concern centered on the following:
•Schlage Lock was built in 1925 and was zoned at that time. Since then the surrounding area has become residential. Schlage Lock, at the entryway to the community, now creates an unsightly wedge between the Little Hollywood and Visitacion Valley districts of the Valley. It is time for rezoning.
•The Third Street Light Rail will terminate at Sunnydale Avenue and delete two traffic lanes from the increasingly congested, Bayshore Boulevard. Home Depot will generate up to 750-1000 cars per peak hour and is a regional serving facility, not neighborhood serving. By any standards this is poor planning and would be disruptive to the Third St Light Rail- a one half billion dollar project paid for by taxpayers' money.
•The most important transportation hub in the Southeast sector will be here in Visitacion Valley at the Third Street Light Rail/Caltrain Intermodal Station. There will be developers flocking to that site for this reason alone. It is necessary to look at planning that maximizes public transit ridership to alleviate traffic and help revitalize Leland Avenue.
•The original Home Depot design included a 18 foot chain link fence along Bayshore, thus cutting off the Leland Avenue commercial area. Home Depot's customers travel by auto from around the region and would not have any reason to stop on Leland Avenue which needs pedestrian traffic to prosper, as does any similar commercial area.
•The Visitacion Valley community is lacking in neighborhood serving necessities and amenities. Everyone

must travel far outside the Valley to shop for basic necessities.
•The Home Depot facility is out of scale and inappropriate to the neighborhood. Imagine a building larger than a square city block or two football fields in Noe Valley, the Marina, Pacific Heights or North Beach. Would that be acceptable to any other residential district in the city?
•There is unprecedented construction in Visitacion Valley and the adjacent towns of Brisbane and Daly City which altogether constitute the Visitacion Valley Watershed. Transportation and land use issues need to be looked at here on a regional basis.
•The site at Schlage Lock is far too valuable and desirable in this hot real estate market not to be used in a way more beneficial to the community. There are other prestigious developers who are interested in this site who recognize the value and viability of mixed use development not including or dependent upon a large scale Home Depot.
•Due to the amount of land involved, we felt more jobs could be generated with a mixed use rather than single use development.
•Schlage Lock is a State Superfund site containing toxics that need to be cleaned up. The Southeast sector already has the highest rates of asthma and cancer in San Francisco. In addition the pollution from unneeded traffic would increase the problem.
Given these concerns, the VISion mobilized and conducted a survey of Visitacion Valley residents to determine what is needed in the neighborhood. A supermarket topped the list along with other neighborhood serving retail and amenities, housing, a City College Extension for ESL and job training classes, daycare, a library and open space. There are no other sites to build what is needed except for Schlage Lock.
Armed with this information VISion worked with the nonprofit community planning group, Urban Ecology, to create an alternative to the Home Depot proposal — a Town Center-Transit Village plan which is reflective of residents' desires and would increase jobs fourfold. VISion's position has always been to present a positive plan that will enhance the Valley and revitalize Leland Avenue by including and extending Leland Avenue into the site. This plan is about possibilities. Any final configurations would be worked out in a public planning process.
Faced with the community's concerns about its original proposal, Home Depot has recently created a new plan which incorporates the Transit Village-Town Center concepts, but still includes a giant Home Depot facility. There still remains concern about traffic, pollution, inappropriate siting, jobs, housing, neighborhood character and quality of life. At two large community meetings (November 1999 and June 2000) residents have strongly expressed the desire that there be no large scale Home Depot. A little over half would accept a smaller scale 40,000 square foot store, while the rest

wanted no Home Depot at all. There are other development possibilities, other than the Home Depot proposal, which could finance the sort of mixed use, Town Center/Transit Village plan envisaged.
A land use study was not done in Visitacion Valley in conjunction with planning for the Third Street Light Rail. The Bayview-Hunters Reddevelopment Area stopped at Highway 101. There has been an ongoing public planning process along the Third Street corridor promising financing and development for that area, but not for Visitacion Valley. There is also the Better Neighborhood planning program now being conducted in Hayes Valley, the Central Waterfront and the Balboa Park neighborhoods under the auspices of the San Francisco Planning Department. It is time for Visitacion Valley to be heard and not accept the first offer that comes along that will cause far reaching detrimental effects to the neighborhood.
Given the residents' mandate and for the sake of the community it is necessary that the Home Depot facility be made significantly smaller. Meanwhile, a request for Interim Controls has been introduced at the Board of Supervisors.
This means that the community and city planners will be able to rezone for mixed use development, create a plan suitable to our neighborhood and make certain there is proper toxic clean up. Once again, the ultimate goal is a neighborhood planning process that identifies the best land use for the community and insures that it is built as soon as possible.
Every city planner and transportation expert VISion has consulted recognizes the superiority of the Transit Village-Town Center concept. The right to neighborhood planning transcends politics, and has tremendous support across the City. There are better planning solutions to solve the economic, social and quality of life issues facing the Valley which can be found through an inclusive neighborhood planning process.
The future and character of a community of 18,000 people is dependent upon what is built at Schlage Lock. Government officials, the planning department and the community bear an enormous responsibility to ensure wise planning for this key site. With the demolition of the Geneva Towers, the Heritage Homes and Britton Courts new housing construction and the Greenway Project, which has been facilitated by the Mayor's office, there is a sense of hope and renewal in the Valley. This a unique opportunity to build on these accomplishments and turn around a long neglected area of San Francisco.
The Visitacion Valley Planning Alliance meets every second Saturday at the Visitacion Valley Community Center gym at 66 Raymond Avenue. Among topics of interest are the Greenway, safety, transportation, development in the surrounding towns of Brisbane and Daly City, and health issues.

Yes, Even You Can Make An Apple Pie from Scratch
by Rebecca Staffel
(NAPS) The art of making and rolling out pie dough is an elusive talent that has frustrated even the most ardent home cook.
In my job as senior editor of Amazon.com's Kitchen store, I've come across the two components that take the mystery out of this challenge. One is wisdom and the other is proper equipment-all of which can be purchased at Amazon Kitchen.
Here, then, are some tips from Christopher Kimball (author of the upcoming The Dessert Bible; and publisher and editor of Cook's Illustrated) plus my personal picks for the ideal tools to put that wisdom to work.
•Use Butter and Crisco: The basic pie dough recipe calls for 1-1/4 cups flour, 1/2 teaspoon salt, and 1 tablespoon sugar. Pulse them to mix in a food processor. Now add 4 tablespoons each of cold butter and Crisco cut into small pieces. The butter adds flavor and the Crisco makes the dough relatively foolproof. Use a food processor (rather than say, the two hand method) to mix.
•Never Add The Water to The Food Processor Bowl: This easily results in a gummy, over processed mess. Remove the dough mixture to a separate bowl and add cold water. It is better to add too much than not enough. Forget about the recipe directive, "just until the dough holds together." This is nonsense. Add enough water until the dough easily holds together, there are no bits still clinging to the bowl, and the

outside of the dough feels sticky. Dust with flour, wrap in plastic, and let rest in the refrigerator for at least one hour before rolling out.
•Rolling Tricks: Roll (use a sturdy rolling pin for this, preferably classic, marble or tapered rolling pins) one side of the dough at a time in an arc from 2 o'clock to 5 o'clock. Twist the dough a quarter turn and then repeat until dough is 7 or 8 inches in diameter. Using a dough scraper, flip dough onto rolling pin, re-flour surface, and continue. Now, the dough will not stick. Dough scrapers and other essential pie-making equipment can be found at Amazon Kitchen.
•The Filling: Use half Grannies and half McIntosh apples for a total of 8 cups. Also, add 1-1/2 tablespoons lemon juice, 1 teaspoon grated lemon zest, 1/4 teaspoon salt, 3/4 cups granulated sugar, 2 tablespoons flour (use only with very juicy apples), 1/4 teaspoon nutmeg, 1/4 teaspoon cinnamon, and 1/8 allspice.
•Assembling and Baking: You will need a double pie dough recipe. Fit bottom crust into a pie plate, trim even with sides, fill, and add top crust. Trim to a 1/2-inch from rim, fold under bottom crust, and crimp. Cut three slits in top. Brush with lightly whisked egg white and sprinkle with one tablespoon sugar. Bake at 425 degrees for 25 minutes and reduce oven to 375. Bake another 30 to 35 minutes until done. Cool at least four hours before serving.
Rebecca Staffel, senior editor of Amazon Kitchen, is an avid home baker and cookbook collector

Top Ten Essentials for Emergency Preparedness
(NAPS) According to the National Safety Council, home accidents injured 6.8 million and killed 28,200 people in 1998. Here are ten items that can help prevent a disaster and potentially save a life:
1. Smoke Detectors-Install one on each level of your home and one outside every bedroom. Test them once a month and change the batteries twice a year.
2. Fire Extinguishers-Place one wherever there is potential for fire, especially the kitchen and garage. Extinguishers are made to handle different kinds of fires, so choose appropriately.
3. Carbon Monoxide Detector-Fuel-burning appliances such as furnaces, fireplaces, and water heaters can emit potentially lethal carbon monoxide. Maintenance and inspection can minimize risk, but a carbon monoxide detector may be your only warning should a malfunction suddenly occur.
4. Water Detector-Undetected water leaks from appliances and water heaters can cause extensive property damage. An automatic water alarm, such as the Zircon Water Detector will alert you with a loud signal for up to 72 hours and it floats so the alarm remains audible.
5. First Aid Kits-Every home and vehicle should be equipped with a first aid kit and manual. Keep them easily accessible and make sure family members know first aid techniques.
6. Flashlights & Whistles-Escaping or signaling for help may be crucial so keep a number of working flashlights on hand. Each person should also have a whistle and penlight so they have immediate light and can signal their location, if necessary.
7. Well-lit Address Sign-House numbers that are well-lit and easily visible so emergency personnel can find your house may make a critical difference.
8. Safety/Cabinet Latches-Easy-to-install latches can prevent childhood poisoning accidents and help keep items securely stowed in cupboards during earthquakes, reducing property damage and injury.
9. Furniture Tie Downs-Anchoring tall bookcases, entertainment centers, and other heavy items to wall studs can eliminate toppling furniture that may cause injury or block escape. A few metal L-brackets, some screws, and a stud finder such as the Zircon StudSensor can help you accomplish the job.
10. Fireproof Safe-Facilitate quick recovery should disaster strike by storing birth certificates, insurance policies, and other important papers in a fireproof safe.
With an early-alert system and planning, you can keep a situation from becoming a full-blown emergency, and possibly even save a life.

Are You In Pain?
Questions You Should Be Asking Your Doctor
(NAPS) More than 75 million Americans suffer from acute or chronic pain according to the American Pain Foundation. Yet many people do not seek treatment or are undertreated for their pain.
The key to getting the best pain relief possible is talking with your doctor and nurse about your pain. They will want to know how much pain you feel, where it is, and what it feels like. Answering the questions below may help you describe your pain so that your doctor can give you the best advice.
1. Where is the pain? List all painful areas.
2. What does the pain feel like? Does it ache? Throb? Bum? Tingle?
3. How bad is the pain? You may wish to use a number scale and rate your pain from 0 to 10; 0 means no pain and 10 means the worst pain. Or describe your pain with words like none, mild, moderate, severe or worst possible pain.
4. What makes the pain better or worse?
5. If you are being treated for pain now, how well is the treatment working?
6. Has the pain changed?

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Duct Tape More Than It's Quacked Up to Be

(NAPS) Believe it or not, the world was once without duct tape. Over the years it has become a symbol of American ingenuity, an icon and a resourceful tool that represents our culture. In fact, in just one year people purchase enough Duck brand duct tape to wrap around the Earth's equator 12.3 times! Duct tape has saved lives, been used on space missions to the moon and has been applied on practically everything, from alligators' mouths to helicopter blades. But there was a time when duct tape did not exist.

Duct tape was developed during World War II. GIs saw the advantages of an all-purpose, strong, waterproof tape that could easily be ripped into lengths and quickly used to fix things. Using medical tape as the basis from which to build the new tape, along with two new technologies—the ability to “polycoat” adhesive products and to laminate the polyethylene coat to a cloth backing—the prototype was developed.

After the war, the product continued to evolve both in name and form. The nameless, military-green tape from the war came to America and found a small but loyal group of users. When the product was found easier and just as effective to use as screws and bolts for holding together duct work...duct tape was born. The color then changed from the drab military-green to the familiar silver-gray that is known so well today.

During the next 30 years, no company tried much of anything new with duct tape, except for a little company in Cleveland, Ohio. In the mid 1970s, that company, Manco, Inc., became the first to shrink-wrap and label the product, making it easier for retailers to stack the sticky rolls on top of one another and easier for shoppers to distinguish different grades of duct tape—just look for the friendly Duck! And since that time, duct tape has become so much more than the tape it was during WWII:

*It's removable, without leaving adhesive residue behind.

*It's bright! Available in extreme

neon colors like pink, yellow, green and orange, duct tape makes for a variety of applications like an easy identifier when picking up luggage from the airport terminal.

*It's camouflage-perfect for hunters and fishermen.

Carbohydrates Not a Culprit, After All

(NAPS) Thanks to popular high-protein diets such as Dr. Atkins' Diet Revolution, Sugar Busters!, and Protein Power, carbohydrates have gotten a bad name, and people all over the country are avoiding them like the plague. But an unbalanced diet that relies on one food group, or excludes one totally, goes against scientifically-based, recommended guidelines for good nutrition and well being.

Experts say that carbohydrates play an essential role in a healthy diet that includes a complete range of all food groups. According to Audrey Cross, Ph.D. and Associate Clinical Professor of Nutrition, School of Public Health and Institute of Human Nutrition, Columbia University, “Carbohydrates are the body's primary source of energy. Surprisingly, they also activate the release of chemicals in the body that decrease appetite, which is helpful to dieters. And, on a gram per gram basis, carbohydrates provide fewer calories than fats.”

Be aware, however, that carbohydrates come in two varieties: simple and complex. The simple kind crop up in high-sugar commodities such as candy, honey, and rich desserts, which are full of calories and little else.

Complex carbohydrates, on the other hand, provide a cornucopia of essential vitamins and minerals the body needs. And finding these carbs is a breeze. High-fiber, low-fat foods such as vegetables, fruits, and grains are good sources of complex carbohydrates, which are lower in sugar than simple-carb foods and provide longer-lasting energy.

Therefore, people need carbohydrates, just as they do other essential nutritional elements. Eliminating them, in fact, can pose risks. For example, many heart patients have to be particularly careful to avoid low-carb, no-carb diets because they ban fruit, such as bananas, a potent source of

*And it's electronic. Manco, Inc., the makers of Duck brand duct tape, the leading U.S. brand, has developed a Web site that spreads the duct tape word. Check out www.ducktapeclub.com.

Now can you imagine the world without duct tape? Definitely not.

potassium. Since these patients' hearts aren't pumping properly, their bodies often retain water, causing swollen ankles and wrists. To remedy the situation, their doctors often prescribe diuretics. But, says Cross, “Diuretics cause the body to lose its supply of potassium, which helps the heart and other muscles to contract. Without potassium, patients frequently experience painful muscle cramps.”

Fortunately, there's a simple solution. Says Cross, “Just by eating one banana a day, the patient gets the potassium he or she needs, and the problem is solved.”

As it turns out, the potassium found in bananas serves a number of other positive functions, and Chiquita; bananas are an ideal source. The American Heart Association says that potassium can help prevent and treat high blood pressure and inhibit the risk of stroke. And researchers at Tufts University have found that, among the elderly, adequate potassium intake can help slow the loss of calcium from bones that results in osteoporosis.

What's more, bananas are an excellent choice because they're free of fat, sodium, and cholesterol; they're loaded with vitamin B6; and they supply vitamin C, which helps build the body's resistance to infection, and may help prevent the conversion of nitrates into cancer-causing substances (nitrates are found in tobacco smoke and smog, among other things). And, since bananas are a filling snack, they work wonders against dieters' cravings.

In the end, everyone—young and old, male and female—benefits from a well-rounded diet that consists of healthy choices from all food groups, including carbohydrates. And it's never too soon to start. Studies have shown that children who start the day with a healthy breakfast such as cereal, milk, and a banana, perform better in school.

Follow Signs to Safety

(NAPS) Can you read the signs? Knowing which signs to watch for may help keep you safe on the road. Taking this quick safety quiz can help steer you to driving safety:

1. What does a yellow exit-only panel below a green freeway sign mean?

2. What does a Lane Added sign tell you?

3. What should chevrons warn you about?

4. What does a diamond-shaped sign always mean?

5. What is the new color for pedestrian, bicycle and school crossing signs?

Answers

1. This sign means that the lane under this panel becomes the exit ramp. If you find yourself in the exit lane when you don't want to exit, do so anyway. It's safer to exit and return than to stop or back up and swerve into oncoming traffic.

2. This sign tells you that traffic entering the freeway does not have to merge because the ramp becomes an added freeway lane.

3. A chevron warns about an upcoming curve.

4. Diamond-shaped signs always mean a warning.

5. The new color is fluorescent strong yellow-green. It's easier to see than the familiar yellow signs, especially in twilight or overcast conditions. When you see that color, be cautious.

This color is applied to highway signs and guardrails with powder coating, which helps it to withstand extreme weather and temperatures. Powder coating is a dry finishing process in which finely ground particles of pigment and resin are electrostatically charged and sprayed on to products.

This environmentally friendly and virtually pollution-free process creates a finish that is tough, attractive, durable, scratch-resistant and versatile.

Automotive products that are powder coated include anti-chip primer, car wheels, bumpers, window trim, antennas, door handles, windshield

wipers, steering wheels, engine blocks, auto bodices and radiators.

For a free brochure with more information on the benefits of powder coating, visit www.powdercoating.org

Survey Shows Youths Using Less Cocaine and Heroin, More Ecstasy

The newly released 2000 Monitoring the Future Survey shows a continuing downward trend in overall illicit drug use among youth, but reveals a significant increase in ecstasy use.

The study also found significant declines in tobacco use at all grade levels, but alcohol use — already at high levels — remained essentially unchanged.

The survey of 45,000 students in grades 8, 10 and 12 found that heroin use declined 21 percent among 8th graders and cocaine use dropped 19 percent among 12th graders. In addition, LSD use is down among 10th and 12th graders, while hallucinogen use declined in all three grade levels.

However, the study found a significant increase in ecstasy use among all three grade levels. According to the report, between 1999 and 2000, ecstasy use among 8th graders increased 82 percent, with a 44-percent increase among 10th graders and a 46 percent increase among 12th graders.

“The MTF Study also showed a huge increase in the use of MDMA or ecstasy expanding beyond prior use solely at all-night rave clubs among all three grades,” stated Barry McCaffrey, director of the White House Office of National Drug Control Policy. “Kids think ecstasy is safe, but they are actually harming themselves in a major way. They are destroying their memories, their hearts, their kidneys, and their nervous system, while risking immediate strokes and heart attacks. Risking permanent brain damage is not worth dancing the night away.”

Join Together Online

News, features and history from past issues of Visitacion Valley Grapevine can be found on the Web at <http://home.earthlink.net/~visvalley>



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Activists Found Guilty Of Disturbing the Peace

A San Francisco jury on Nov. 21 returned verdicts in a case involving two members of Act-Up San Francisco who disrupted a Supervisors Finance Committee meeting. The defendants had heckled Mitch Katz, MD, and thrown leaflets and silly string at him when he began to address the committee on Aug. 9, 2000.

Jason Swindell, 27 was found guilty of disturbing the peace and violating a restraining order to stay away from Judy Leahy, an employee of Project Inform, who was in attendance at the meeting. Swindell was found not guilty of resisting arrest, and the jury hung on charges of battery and disturbing a public assembly.

David Pasquarelli, 33, was found guilty of disturbing the peace and not guilty of battery and violating the restraining order. (There was no evidence he knew that Ms. Leahy was present.) The jury hung on charges of disturbing a public assembly and resisting arrest.

Pasquarelli faced a maximum of 90 days in jail or probation. Swindell faced one year for violating the restraining order or probation.

Proposed Legislation Would Monitor City's Parking-Lot Operators

Supervisor Mark Leno and District Attorney Terence Hallinan announced new legislation Dec. 18 that will provide protection for customers of parking facilities in San Francisco.

Numerous vehicles get towed improperly by garage operators, resulting in consumer complaints to the District Attorney's office. The proposed legislation will require all parking locations in the city to maintain foolproof revenue-control equipment that provides receipts to customers.

The legislation also addresses the problem of uncollected parking-tax revenue. Drivers who park at garages in the city pay a 25 percent sales tax that historically has been under-reported by the garage owners, who have opposed stringent revenue-control requirements. The new legislation calls for state-of-the-art revenue control equipment that cannot be tampered with successfully.

The gross yearly parking revenue in San Francisco is estimated at \$250 million to \$300 million.

"The city has a right to its revenue," said District Attorney Hallinan, "and consumers have a right to a receipt."

Two Women Arrested For Embezzling from San Francisco Publicist

District Attorney Hallinan announced Dec. 18 that Larissa G. Tovar, 31, of Sausalito and Edna L. Tienda, 21, of San Francisco have been arrested on warrants and charged with embezzling more than \$62,000 between January, 1999 and April, 2000 from publicist Art Louis Blum. The victim is the older brother of Richard Blum, Senator Dianne Feinstein's husband.

According to a declaration filed in support of the arrest warrant by SFPD Inspector Robert Steger of the Fraud detail, the two women were employed by Blum as bookkeepers. They allegedly embezzled money raised by Blum at a celebrity luncheon he conducts to benefit the San Francisco Unified School District's sports program.

Blum's signature on more than \$62,000 worth of checks drawn on his bank accounts – made payable to Tienda and her family members and to Tovar – were allegedly forged. An attempt was made to conceal the theft by a surreptitious transfer of \$45,000 from Blum's pension account into the business account. The crime was discovered when a \$90,000 check payable to the S.F. Unified School District from Blum's agency was returned for insufficient funds, according to Steger's declaration.

Bail was set on the warrant at \$50,000 and posted by Tienda and Tovar. Each faces up to five years in state prison if convicted as charged.

Keeping Your Energy Up During Colder Months

(NAPS) Here's an idea many Americans may warm up to during the colder months.

Making a few lifestyle changes, may help keep your energy levels up even when the temperature is falling.

Although people tend to want to hibernate during the winter months, there are many natural energy boosters. You can:

- *Exercise on a regular basis
- *Eat healthy foods, including lots of fruits and vegetables
- *Make sure you get six to eight hours of sleep per night.

Another option that an increasing number of Americans are trying is the use of dietary supplements, such as Ginsana.

This all-natural supplement is shown to help enhance your energy without sugar, caffeine, or artificial stimulants.

Studies show that people who use Ginsana say they get more out of their day. For example, research using Ginsana's proprietary extract confirms that daily use of Ginsana by athletes for four to six weeks improves endurance. It does so by: increasing the body's ability to utilize oxygen during physical activity, and shortening recovery time after exercise

Over 30 years of clinical research has shown that when taken as directed, premium-quality Ginsana can help energize safely and reliably. As with most supplements, however, don't expect Ginsana to work overnight. You should feel the optimal effectiveness after continually taking the recommended daily dose for four to six weeks.

Treating a Cold the Old-Fashioned Way

(NAPS) Increasingly, doctors and researchers are finding that, when it comes to treating a cold, many of the homespun or "folk" remedies that have been used for generations actually have a strong basis in science. For example:

*At least half of the saying "Feed a cold, starve a fever" is true. Researchers have identified certain foods that can help combat colds, including broccoli, cauliflower, Brussels sprouts, garlic, onions, tomatoes, peppers, citrus fruits, berries, wheat germ, whole grains, seafood and meat.

*Another old saying, "Early to bed, early to rise..." also holds some beneficial wisdom. Catching a few more winks allows your immune system to build up a defense against the cold virus.

*To relieve coughing, consider an 81-year-old remedy that tastes just like an old-fashioned medicine should: awful. Buckley's Mixture has no sugar, alcohol or artificial flavorings that might weaken its medicinal effects (or make it taste better).

How to Choose and Use Dietary Supplements

(NAPS) Food for thought: Half of all Americans regularly consume dietary supplements as a means of improving nutrition, national surveys reveal, spending an estimated \$12 billion a year.

With so many people using supplements these days, it's good to know the government works to ensure that the supplements we buy are safe.

Under the Dietary Supplement Health and Education Act (DSHEA), the Food and Drug Administration (FDA) regulates the supplement industry and requires dietary supplement labeling to help consumers make better informed choices about the supplements they buy.

Still, consumers have many misconceptions about the dietary supplements they use. Here are some myths and facts you should know about supplements:

Myth: Herbal supplements are natural; and therefore safe.

Fact: Many naturally-occurring substances such as foxglove or poisonous mushrooms can be harmful if ingested.

Other safe plant materials may be harmful when contaminated with pesticides or heavy metals.

Myth: All products manufactured from the same botanical species (e.g., Ginseng, Ginkgo biloba) are the same.

Fact: Depending on the manufacturing process, the products may vary in composition, effectiveness

"Scientifically tested and proven supplements can be a safe and effective choice for people who want to maintain or enhance their health," states Derrick DeSilva, Jr., MD, president of the American Nutraceutical Association and a practicing internist.

Pharmaton markets some of America's top supplements, such as Ginkoba for healthy brain function and Ginsana to improve energy levels, as well as supplements for leg vein health, prostate health and mood support. To help you choose supplements that have been proven safe in clinical studies, and use the products wisely, Pharmaton recommends you:

*Secure the product's clinical studies through the manufacturer's website or 800 number. If studies are not available, do not buy the product.

*Review the product's clinical studies, package label and any precautions with your healthcare provider.

*If you're pregnant or taking prescription medication, talk to your healthcare provider before taking any dietary supplements.

*Finally, take the supplement as indicated on the label. Generally 4 to 6 weeks of continuous use is recommended before deciding whether the product is right for you.

To learn more about supplements for improving health and well-being, visit the Pharmaton Web site at www.pharmaton.com or call 1-800-451-6688 for a free package of information.

*Here's where the chicken soup and herbal tea come in: Fluids help keep mucous membranes moist, allowing them to trap the virus and dispose of it. Meanwhile, steam from these hot fluids helps relieve congestion. In addition, scientists have recently speculated that chicken soup contains antioxidants which further boost the body's cold-fighting ability.

*Another remedy for congestion: Run a hot shower, or lower your head over a bowl of hot water and breathe in the moist air.

*Even in the middle of winter, you need fresh air. Open a window or turn on a fan. It prevents you from breathing recycled, contaminated air.

Remember, if your cold lasts more than 10 days, or your fever is higher than 102 , consult a doctor.

Created in Toronto in 1919, Buckley's Mixture is one of the top-selling cough syrups in Canada. It is available in the U.S. at pharmacies and retail stores, including Kmart, Eckerd and Rite Aid. To learn more, visit the Web site at www.buckleys.com.

and safety.

Myth: All dietary supplements being sold have been tested for safety and effectiveness.

Fact: Certain products have never been evaluated in clinical studies.

Fortunately for health-conscious consumers, there's a company that's been producing herbal supplements for more than 30 years under Europe's stringent regulations-and those same supplements are available in the U.S. Pharmaton Natural Health Products, marketer of Ginsana and Ginkoba - two of the leading dietary supplements, uses proprietary extracts that are made under strict procedures to provide consistency; and the standardized extracts in these supplements are clinically tested for safety and effectiveness.

The company cautions consumers to choose their supplements wisely. As David Morrison, Scientific Affairs Director of Pharmaton Natural Health Products explains, "If you take a dietary supplement, choose a brand that has been proven safe and effective.

Take the extra step-call the manufacturer's 800 number or visit the Web site to obtain clinical studies that support the product."

To learn more about supplements that can help improve health and well-being, visit the Pharmaton Web site at www.pharmaton.com or call 1-800-451-6688 for a free package of information.

Continuing Story of Vietnam Veterans and Agent Orange

(NAPS) They run businesses, direct organizations, hold political office. In their mid-50s, they are at the height of their social and economic power, earning more than others in their age group. Yet, even with their success, they can't escape the inevitable health problems of a graying population.

They are Vietnam veterans, and the Department of Veterans Affairs (VA) is concerned they may regard a disease associated with the aging process, such as prostate cancer, as just another illness rather than the result of their military service in Southeast Asia. VA wants these Vietnam veterans to know that they may be eligible for compensation and health care for certain diseases associated with Agent Orange, the defoliant sprayed to unmask enemy hiding places in the jungles throughout Vietnam.

Special health care and compensation benefits are available to the 2.6 million men and women who served in Vietnam between 1964 and 1975, only 3,300 of whom remain in uniform today. Those discharged during that period, regardless of where they served, are the largest group of veterans receiving VA health care and monthly disability compensation. Yet, a relatively small percentage of their service-connected disability claims are for illnesses scientists have listed as being associated with Agent Orange.

VA presumes that all military personnel who served in Vietnam were exposed to Agent Orange, and VA benefits law presumes that certain illnesses are a result of that exposure. This presumptive policy simplifies the process of claiming compensation

Just What Ever Happened to Cholesterol?

(NAPS) There are thousands of studies and articles about how foods and nutrients affect heart disease. Left out of the recent discussion, however, has been dietary cholesterol. Not long ago, dietary cholesterol was front and center in terms of heart health. Eggs, in particular, were blacklisted because their high cholesterol content might wreak havoc on blood cholesterol levels. Today, as research gets a better handle on how heart disease occurs, it looks like dietary cholesterol is getting a bit of a break.

What is cholesterol's impact?

On average, about 50 percent of the cholesterol a person eats is absorbed by the body. That percentage varies depending on an individual's genetic background. About 10 percent of the population is sensitive to dietary cholesterol. That means the cholesterol level in their blood increases significantly when they eat cholesterol-containing foods. Another 10 percent of people are unaffected at all by eating a diet high in cholesterol-their bodies can handle an overload of cholesterol-containing foods. The remaining 80 percent of the population can eat some cholesterol, but moderation (300 milligrams a day or less-see Table) is necessary for a healthy heart.

If not cholesterol, what?

Experts continue to recommend a low-fat diet, but now more attention is being paid to the types of fat a person eats. Saturated fat, the fat found in meats, poultry and dairy foods, is still a villain. Monounsaturated fats, found in olive oil, canola oil and nuts plus the omega-3 fats found in fish are considered healthier alternatives.

Nutrition advice has changed over

for these diseases since VA forgoes the normal requirements of proving that an illness began or was worsened during military service.

Based on clinical research, the following diseases are on VA's Agent Orange list of presumptive disabilities: chloracne, Hodgkin's disease, multiple myeloma, non-Hodgkin's lymphoma, porphyria cutanea tarda, respiratory cancers (lung, bronchus, larynx and trachea), soft-tissue sarcoma, acute and subacute peripheral neuropathy and prostate cancer. In addition, monetary benefits, health care and vocational rehabilitation services are provided to Vietnam veterans' children with spina bifida, a congenital birth defect of the spine.

Veterans who served in Vietnam during the war also are eligible for a complete physical examination. If a VA physician suspects a disease might be related to Agent Orange, VA will provide free medical care. Those who participate in the examination program become part of an Agent Orange Registry and receive periodic mailings from VA about the latest Agent Orange studies and new diseases being compensated under VA policies.

Vietnam veterans and their families can contact VA for more information about these benefits. For the Agent Orange Registry physical examination, call a local VA hospital or clinic listed in the government pages of your phone book. To file a compensation claim for a current disability related to Agent Orange, veterans can call 1-800-827-1000 for an application form or visit VA's Web site at <http://vabenefits.vba.va.gov>.

the last several years. Instead of keying in on what raises the level of cholesterol in the blood and what people should not eat, recommendations today lean toward what can lower blood cholesterol and what foods to include in a heart-healthy diet. Fiber, B vitamins (folic acid, B6 and B12), vitamins E and C, plus plant sterols and stanols (they bind with cholesterol in the blood and reduce its absorption), are a few of the dietary substances showing potential.

Is cholesterol in the clear?

Not quite. For nine out of 10 people, eating too much cholesterol affects the amount of cholesterol circulating in the blood, which can translate into plaque deposits inside the arteries. For that reason alone, a low cholesterol diet is recommended. A recent animal study found that dietary cholesterol may cause other problems, too. Rabbits fed a high-cholesterol diet had an increased amount of oxidized LDL cholesterol. LDLs deposit cholesterol on artery walls. Oxidized LDLs may play a part in injuring arteries, which may accelerate their clogging.

Cholesterol has an impact on heart health, but the jury is still out on the degree of influence. Most health experts recommend a diet that contains less than 300 milligrams of cholesterol each day.

A Great Start Toward Total Nutrition- Cholesterol and saturated fat often travel as a pack. Foods high in saturated fat also can be high in cholesterol. Meat, poultry and fish are the largest contributors of cholesterol in the diet and the main source of saturated fat. Keep portions to six ounces or less a day (the size of two decks of playing cards).

ST. JAMES PRESBYTERIAN CHURCH

240 Leland Ave., San Francisco, CA 94134
The Rev. Dr. Jerry O. Resus, Minister

Church School Classes: 9:15 a.m.
Sunday Worship Service: 10:30 a.m.
Wednesday Bible Study: 11:00 a.m.
Friday Bible Fellowship: 7:30 p.m.
Saturday Choir Rehearsal: 10:00 a.m.

You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

Come to Church This Week

Grapevine Puzzler

States of Mexico

Y C V C N A C A O H C I M C D S D A L A
U X M Z X Q U I N T A N A M I L O C U G
C A O D O H F G F D H J E Q S A H A I U
A C R V X D I Q W E R X E U T G J X S A
T S E A E U D D E R I V R E R B N A G S
A U L B S R C V A C C V B R I F A O B C
N A O X A A A C O L V C X E T E Y J E A
S I S X C N A C C V G X A T O D A N A L
D N X Z E G U C R V B O L A X E R N C I
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O O R B A N A B O V Z B U O G A T N L N
L F S D C P U F R C V B H B J L G B I T
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N L W I Z E I F R C X C O X L V B S O S
I A H V B N H V R S C X C X I S F O R A
S C A M P E C H E A D A S D S F G N N N
O C D S Z C V B U B L V B N C B N O I V
T V C D E S A X G A X C V B O V B R A B
O V B N M R T G F T A M A U L I P A S N
P U E B L A Q S C V O T A U J A N A U G

Aguascalientes	Colima	Morelos	San
Baja	Distrito	Nayarit	Luis
California	Federal	Nuevo	Potosi
Baja	Durango	León	Sonora
California	Guanajuato	Oaxaca	Tabasco
Sur	Guerrero	Puebla	Tamaulipas
Campeche	Hidalgo	Querétaro	Tlaxcala
Chiapas	Jalisco	Quintana	Veracruz
Chihuahua	México	Roo	Yucatán
Coahuila	Michoacán	Sinaloa	Zacatecas

Historic Proportions

Match clues to answers.

1993

1. Law foremployees signed into law Feb. 5.
2. Winners of Super Bowl XXVII on Jan. 31.
3. Country joined United Nations on Apr. 8.
4. Nominated U.S. Attorney General on Feb. 11.
5. Horrible explosion by bomber here Feb. 26.
6. Controversial cult burned its compound on Apr. 19 during FBI raid.
7. Inaugurated U.S. President on Jan. 20.
8. "Great Flood" left heavy damage here during the summer.
9. Baseball team has first home opener Apr. 9.
10. Again winners of the NBA title in June.
11. Repeat World Series champions on Oct. 24.
12. Found guilty and imprisoned for assisting in terminal patients' deaths.
13. More than 120 nations sign treaty on Jan. 13.
14. Space shuttle crew made repairs to this in December.
15. They won the NHL Stanley Cup for the 24th time.
16. Baseball owner was suspended Feb. 3.
17. President was assassinated here on May 1.
18. Controversial act was signed into law on Nov. 30.

Five Years Ago
In the Grapevine

JANUARY 1996

*Greetings in five languages welcomed visitors on Dec. 2 to a grand opening celebration of The Village, a new association of several vital Visitacion Valley services located on Schwerin Street.
*Several members of the Visitacion Valley Task Force presented a final list of five neighborhood priorities to the City.
*More than 100 responses were received from distributed surveys asking Valley residents what they would like to see in a neighborhood Beacon Center.
*A sponsor of school activities since 1990, Nationwide Papers donated and delivered toys to all the students at Visitacion Valley Elementary School just in time for Christmas.
*Village Director Vernon Long announced plans to create a local youth baseball league of at least six teams to begin play by the summer.

- A. Chicago Bulls
B. World Trade Center
C. Mississippi River
D. Toronto Blue Jays
E. Macedonia
F. Colorado Rockies
G. Montreal Canadiens
H. Sri Lanka
I. Family-Leave Act
J. Bill Clinton
K. Janet Reno
L. Marge Schott
M. Hubble Space Telescope
N. Brady Bill
O. Dr. Jack Kevorkian
P. Branch Davidian
Q. Chemical Weapons Ban
R. Dallas Cowboys

Answers: 1-B; 2-F; 3-C; 4-A; 5-G; 6-E; 7-I; 8-D; 9-H; 10-J; 11-D; 12-O; 13-Q; 14-M; 15-G; 16-L; 17-H; 18-N

Sez Who?

Match quotes to speakers.

1. "The only reason for the existence of a novel is that it does attempt to represent life."
 2. "A work that aspires, however humbly, to the condition of art should carry its justification in every line."
 3. "Time does not relinquish its rights, either over human beings or over monuments."
 4. "Profit is both the result and the reward of doing things right and doing the right thing."
 5. "What is a cynic? A man who knows the price of everything, and the value of nothing."
 6. "We know nothing of tomorrow; our business is to be good and happy today."
 7. "Nature never makes any blunders; when she makes a fool she means it."
 8. "Men are never so likely to settle a question rightly as when they discuss it freely."
 9. "The life of the nation is secure only while the nation is honest, truthful and virtuous."
- A. David McNally
B. Henry James
C. Johann Wolfgang von Goethe
D. Thomas Babington
E. Sydney Smith
F. Joseph Conrad
G. Oscar Wilde
H. Frederick Douglass
I. Josh Billings

Answers: 1-B; 2-F; 3-C; 4-A; 5-G; 6-E; 7-I; 8-D; 9-H

Sump, the Grump



As a Matter of Fact

- *The first root beer in America was manufactured by Charles Elmer Hires in Philadelphia, in 1866.
- *In Roman mythology the eagle was associated with lightning.
- *The term *ad lib*, meaning to improvise, is a shortening of the term *ad libitum*. In music, this phrases a direction to interpret, improvise or omit, according to the player's preference.
- *Alfred Hitchcock directed the first talking film made in England. It was called *Blackmail*.
- *The first toothbrush with synthetic bristles was introduced in 1938.
- *During the December season of Satumalia, ancient Romans hung little masks of Bacchus on pine trees.
- *The U.S. Public Health Service was established on July 16, 1789.
- *Thomas Jefferson invented the dumbwaiter.
- *The lens of the eye continues to grow throughout a person's life.
- *President Ulysses S. Grant was arrested while in office for speeding with his horse and fined \$20.
- *Before being elected president, Woodrow Wilson taught history. After the election, he made history.
- *In most cities across the country, the annual income from parking meter fines is double the income from parking meter deposits.
- *An estimated \$1 million is lost at race tracks each year by people who throw away or lose their tickets.
- *There are more than 10,000 commercial radio stations broadcasting in the U.S. and about 2,000 non-commercial ones.
- *The earworm can clear and aerate half a pound of soil a day.
- *Skippers, blues, coppers and hairstreaks are all kinds of butterflies.
- *Greyhounds have the best eyesight of any breed of dog.
- *The shortest living twins stand 34 inches tall.
- *Adrian IV, who reigned from 1154 to 1159, was the only English Pope. He was born Nicholas Breakspear.
- *Strawberries are the only fruit that have seeds on the outside.

How Much is That Penny
In Your Pocket Worth?

(NAPS) A penny for your thoughts-but not if you're thinking that a penny is hardly worth handling or worth the room it takes up in your pocket or purse. Those pennies may justify another look.

The Lincoln cent is rapidly approaching 100 years old, which means some pennies still in circulation could be very valuable.

If you do happen upon a penny dating back to 1930 or so, it is now easier to determine its value.

People no longer have to consult a coin dealer. They can check online at a new informational Web site, wsrarities.com. Here, both new and seasoned collectors can:

- *Estimate how much the pennies in their collections may be worth;
 - *Learn how to understand the grading system for coins, which ranges from 1 (worse than "almost good") to 70 (uncirculated, in perfect condition);
 - *Educate themselves on the coins they're most interested in collecting;
 - *View unprecedented details of pennies and other coins, and zoom in on the images to magnify them.
- Prices for old coins can range dramatically. For example, a 1921-S Lincoln cent in a lower condition, such as Fine 12, sells for about \$2. Yet the same coin in gem condition, such as Mint State 65 can sell for over \$5000.
- Being older isn't necessarily better. A 1909 Lincoln cent in the same Gem Mint State 65 condition sells for about \$65. A 1935-S Lincoln cent in Superb Gem Mint State 66 condition sells for \$80. Not bad for a penny.

"It's definitely worth checking all the old coins you may own or come across," said William T. Anton III, president and chief executive officer of Wall Street Rarities. "In addition to age and coin quality, the monetary value of a coin also depends on its rarity, as well as the demand among collectors for particular coins."

For more information on Wall Street Rarities, visit the Web site at www.wsrarities.com or call 1-800-865-1659.

Luscious Desserts That Will Delight You

(NAPS) Don't know the difference between a well-whipped meringue and a well chosen bain marie? A practical new cookbook offers enough baking basics to define such common culinary terms and to prepare some diabolically delicious desserts.

Basic Baking (Morrow Cookbooks, \$25) offers tips on what to do if your cookie batter spreads (refrigerate the dough); how to keep the oven clean when baking pies (use a cookie sheet), how to make cookie bars look pretty (sprinkle with cocoa and confectioners sugar) and how to make some of the most lusciously, sinful desserts ever invented.

In her user-friendly style, author Lora Brody teaches new bakers the step-by-step process for turning out classic favorites.

First-time bakers learn what such instructions as "cream the butter and sugar" means. Each recipe has tips on how to improve or simplify the baking process, plus trouble-shooting tips on correcting common baking blunders. Even a beginner can get heavenly results with this easy recipe for Heavenly Oatmeal Bars.

For preparing the pan: 1 tablespoon unsalted butter or solid vegetable shortening, softened.

For the bars: 2 sticks (8 ounces) unsalted butter, softened; 1-1/3 cups packed dark brown sugar; 3/4 cup light corn syrup; 2 teaspoons pure vanilla extract; 5-1/3 cups oats, old-fashioned or quick-cooking.

For the glaze: 12 ounces semisweet chocolate chips; 1 cup smooth peanut butter.

1. Preheat the oven to 350 F with a rack in the center of the oven. Grease

the baking pan with butter or vegetable shortening. Set aside.

2. In a large mixing bowl, beat the butter with the mixer on high speed until creamy. Gradually add the dark brown sugar and continue to beat until light and fluffy, about 2 minutes. Some little nuggets of dark brown sugar may remain in the mixture, but that's okay. Move the beaters around the bowl and scrape down the sides of the bowl with a rubber spatula several times while mixing. Lower the mixer speed to medium and beat in the corn syrup and vanilla, then stir in the oats with a wooden spoon. Spread the batter in the prepared pan and bake for 16 minutes. Remove from the oven and cool in the pan on a wire rack until lukewarm.

3. While the bars are baking and cooling, make the glaze. Place the chocolate chips and peanut butter in a small saucepan and stir over low heat until the chocolate melts and the mixture is smooth. Spread the mixture over the lukewarm bars, then cool completely or refrigerate until cold. Cut into a 6 by 9-inch grid, to make about 54 bars.

4. The bars can be stored in a lidded tin at room temperature for up to 1 week. Cushion the bars between layers of plastic wrap or wax paper to protect the frosting. To freeze, allow them to cool completely after baking, then spread them on a baking sheet and place in the freezer for at least 3 hours. When the bars are thoroughly frozen, stack them in freezer-strength reclosable gallon-size plastic bags for up to 3 months. Use a waterproof marker to note the contents of the bags and the date. Defrost them in the bags at room temperature for 1 to 2 hours.

New Survey Says Most Americans Mistakenly
Think That Nuts are High in Cholesterol

(NAPS) The truth about nuts is finally out of its shell. Despite the fact that adding nuts to a diet low in saturated fat and cholesterol can help lower levels of LDL cholesterol (or "bad" cholesterol), when substituted for foods high in saturated fat, a recent survey by Roper Starch revealed that 61% of Americans think that nuts are high in cholesterol.

In the past decade, people have avoided fat in foods in pursuit of weight loss, better nutrition and healthier living. The problem with this is that there are foods, such as nuts, which contain fat that can be a positive addition to a healthy diet and beneficial to the body.

Findings of several studies reveal that adding nuts to a diet low in saturated fat and cholesterol can help lower levels of LDL (bad) cholesterol when substituted for foods high in saturated fat.1 The results of these studies have also linked diets high in monounsaturated and polyunsaturated fats, such as the fat in nuts, with maintaining "good" cholesterol (also known as HDL cholesterol).

This research gives Americans a reason to re-examine the role of nuts in a healthy diet. In order to address this, Planters Company has launched a major new information campaign designed to communicate this new link between nuts and healthy cholesterol levels.

"The news that nuts have the potential to lower cholesterol will surprise a lot of people who have misconceptions about the health attributes of nuts," said Pat Mozeke, vice president, product development and technical services. "In the past, many people have viewed nuts as high in fat and low in nutritional value, when in fact nuts are a perfectly healthy to wholesome snack option."

Attitudes toward healthy eating have traditionally condemned fat as the ultimate enemy. As a result, most Americans have tuned to eating non-fat or low-fat products as dietary staples. However, research has shown that fats in moderation can be included in any diet. Nuts can contain up to 17 grams of mono and polyunsaturated fats per serving, and deliver 2-3 grams of saturated fat per serving. The fiber and micronutrients in nuts makes them a great alternative to other snacks.

All Fats Not Created Equal

One key to making smart choices when choosing what to eat for optimum health is understanding that all fats are not created equal. It is important to know how much and what types of fat to consume as well as how to balance caloric intake with maintenance of a healthy weight. Saturated fats, often called the "bad fats," raise blood cholesterol levels, which can increase the risk of heart disease.2 Foods such as butter, cheese, eggs, red meat, and other animal products can contain high amounts of saturated fats and cholesterol.

Unlike saturated fats, monounsaturated fat and polyunsaturated fat, also known as good fat, help the body to lower blood cholesterol levels. Monounsaturated and polyunsaturated fat can be found in peanuts and tree nuts, as well as foods including olive and canola oil and avocados, making them a great alternative to foods containing higher amounts of saturated fats. In addition, peanuts and other nuts are naturally cholesterol free.

Nuts in a Healthy Eating Plan

Much of the fat found in nuts including peanuts, almonds, walnuts, cashews and hazelnuts, macadamias, and pecans is monounsaturated and polyunsaturated fat. With their unique combination of fats, carbohydrates and proteins, along with a wide variety of vitamins and minerals, nuts can fit perfectly into a healthy eating plan that is high in the good fats and low in saturated fats and cholesterol while being calorie-halanced for weight maintenance.

The good news about nuts is especially important for today's increasingly busy families. Many families are eating meals on the go and fitting in quick snacks between activities. Nuts offer a nutrient-dense, convenient snack alternative.

New Brochure from Planters

Planters has developed a helpful nutrition brochure on the health diet. The brochure is full of useful information including simple steps to follow for better health and delicious Planters recipes that are easy to prepare.

For a free brochure on how to incorporate Planters nuts into a healthy diet, consumers can call Toll Free 1-877-Mr. Peanut (677-3268) weekdays. More information on nuts and nutrition, plus quick recipes from Nabisco, can be found at www.planters.com.

1 "Nuts and Their Bioactive Constituents: Effects on Serum Lipids and Other Factors That Affect Disease Risk," Kns-Etherton et al., American Journal of Clinical Nutrition, 1999, Volume 7, pp 504S-11S.
2 Nut Consumption and Risk of Coronary Heart Disease: A review of Epidemiologic Evidence, Frank B. Hu MD, PhD and Meir J. Stampfer, MD, DPH, Current Science Inc ISSN 1523-3804, 1999

Visitation Valley Police Log

*Nov. 4: 11 p.m., Teddy Ave. and Elliot St., grand theft from locked auto.
*Nov. 6: 1:30 p.m., 000 block of Blythdale Ave., burglary of residence, forcible entry.
*Nov. 8: 2:14 p.m., 300 block of Schwerin St., grand theft from person.
*Nov. 11: 8:30 p.m., 1400 block of Sunnysdale Ave., robbery on the street, strong-arm.
*Nov. 13: 10:20 a.m., 100 block of Blythdale Ave., burglary of apartment house, unlawful entry.
*Nov. 14: 8 a.m. 300 block of Harkness Ave., burglary of residence, forcible entry.
*Nov. 14: 8:30 a.m., 700 block of Delta St., burglary of residence, forcible entry.
*Nov. 15: 8:30 p.m., 000 block of Santos St., aggravated assault with bodily force.
*Nov. 17: 2:10 p.m., Visitation Ave. and Sawyer St., attempted robbery with bodily force.
*Nov. 18: 3 p.m., Alder St. and Harkness Ave., grand theft from locked auto.
*Nov. 18: 8:30 p.m., Visitation Ave. and Sawyer St., robbery, bodily force.
*Nov. 20: 7:30 a.m., 000 block of Tomaso Ct., burglary of apartment house, attempted forcible entry.
*Nov. 20: 8 a.m., McLaren Park, robbery, armed with a knife.
*Nov. 20: 9:30 a.m., 300 block of Teddy Ave., burglary of apartment house, forcible entry.
*Nov. 20: 10 a.m., 000 block of Tomaso Ct., burglary of residence, forcible entry.
*Nov. 21: 12:10 p.m., 200 block of Wilde Ave. burglary, hot prow, attempted forcible entry.
*Nov. 22: 8:15 a.m., 000 block of Argonaut Ave.. Grand theft of property.
*Nov. 23: 12:15 a.m., Visitation Ave. and Schwerin St., attempted robbery with bodily force.
*Nov. 24: 10 a.m., 200 block of Brookdale Ave., burglary of apartment house, forcible entry.
*Nov. 26: 2:56 p.m., 200 block of Blythdale Ave., aggravated assault with a deadly weapon.
*Nov. 26: 8 p.m., Sunnysdale Ave. and Desmond St., robbery on the street, strong-arm.
*Nov. 27: 7 a.m., 100 block of Rey St., burglary of apartment house,

January 2001

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

San Francisco City Meetings
Aging 1stWed 9:30a; Airport 1st3rd Tu 3p; Arts 1st Mon 3p; Education 2 nd4th Tu 7p; Health 1st3rd Tu 3p; Housing Auth. 2nd4th Th 4p; Human Rights 1st3rd Th 4:30p; Library 1st Tu 5:30p; Planning Th 1:30p; Police Wed 5:30p; Port 1st Tu3rd Wed 4:30p; Public Utilities 2nd4th Tu 2p; Rec & Park 3rd Th 2p; Social Services 4th Th 9a; Status Women 4th Th 4p; Supervisors Mon 2p.
Visitation Valley Community Center
Mondays: Senior Shopping 11:30 a.m., Tuesdays: Senior Ceramics 9:30 a.m.-4 p.m., Senior Bingo 12:30 p.m., Thursdays: Sewing Class 9 a.m.-3 p.m. USDA Food Distribution Day is last Thursday of every month.

San Francisco City Services

ABANDONED CARS.....	781-JUNK
ANIMAL CONTROL.....	554-6364
BUS SHELTER DAMAGE.....	882-4949
CITY TREES (trimming).....	695-2162
CRIME STOPPERS (anonymous) 1-800-2GIVEINFO	
DOMESTIC FAMILY VIOLENCE.....	664-4722
DPW.....(days) 695-2017; (nights/weekends) 895-2020	
EMERGENCY SERVICES.....	9-1-1
EMERGENCY SERVICES (cell-phone).....	553-8090
GARBAGE SERVICE COMPLAINTS.....	255-3610
GRAFFITI CLEANUP (DPW).....	241-WASH
GRAFFITI SUSPECT INFO.....	553-1603
INGLESIDE STATION (Anonymous 333-3433) 553-1603	
LELAND AVENUE RESOURCE CENTER 585-2675	
MAYOR'S OFFICE.....	554-7111
MAYOR'S NEIGHBORHOOD SERVICES.....	554-6110
NARCOTICS TIP LINE (anonymous) 1-800-CRACKIT	
PARKING AND TRAFFIC PROBLEMS (DPT).....	553-1200
POLICE (non-emergency).....	553-0123
POTHOLE REPAIR.....	695-2100
SAFE (neighborhood watch groups).....	673-SAFE
STREET LIGHTING CITY (out of order).....	554-0730
STREET LIGHTING PG&E (wood poles).....	693-3201
SUNNYSDALE RESOURCE CENTER.....	586-7572
TRAFFIC SIGNALS (out of order).....	550-2736
TRAFFIC ENGINEERING.....	554-2300
VVMS ANONYMOUS HOTLINE.....	281-8406

forcible entry.

*Nov. 27: 9 a.m., 600 block of Sawyer St., burglary of residence, attempted forcible entry.
*Nov. 28: 3:06 p.m., 000 block of Blythdale Ave., grand theft of property.
*Nov. 29: 5:30 a.m., 500 block of Argonaut Ave., grand theft of property.
*Nov. 29: 7 a.m., 100 block of Hahn St., burglary of residence, forcible entry.
*Nov. 29: 11:10 p.m., Arleta Ave. and Bayshore Blvd., robbery on the street, strong-arm.
*Nov. 30: 5:40 p.m., 000 block of Adler St., attempted robbery on the street with a gun.

New Book Helps Consumers Identify Dangerous Doctors

(NAPS) What happens to a South Carolina doctor who baits his crab trap with an amputated human foot? Or a Florida doctor who operates on the wrong side of the brain? Or a Virginia doctor who artificially inseminates not one, but two women with HIV-positive semen? Or a New York physician who is convicted of assault with intent to kill his wife? Or a Texas doctor who admitted having sex with 16 of his patients? Or a California physician who is found negligent in the care of seven women during pregnancy or delivery?

Because of dangerously lax practices of state medical boards even when these offenses were documented, all of these doctors and most of the other thousands of physicians who commit similarly serious offenses are still practicing. But most of the doctors' patients never find out, because consumers typically face a maddening shroud of secrecy that shields shoddy or dangerous doctors from the public.

Now, though, a consumer group has made it easy for anyone to learn if their doctor has been disciplined for incompetence, negligence, patient abuse, substance abuse, misprescribing drugs or other offenses. In the book, 20,125 Questionable Doctors, released in August, Public Citizen helps people weed out doctors who might do them more harm than good.

"Choosing a doctor is one of the most critical choices consumers make," said Dr. Sidney M. Wolfe, director of Public Citizen's Health Research Group, which conducted the research for the book. "People should be armed with as much information as possible when doing so. Unfortunately, consumers can learn more about the safety of a car they plan to buy than a doctor they plan to visit."

The easily accessible compendium of doctors who have been disciplined by either state medical boards or federal agencies in the past decade is the only such publicly available national listing.

Regional editions of 20,125 Questionable Doctors, which each contain information about doctors in one or more states, can be purchased for \$23.50, including shipping and handling; the national set is \$407.50. Call 1-877-747-1616 or send a check or money order to Public Citizen, Dept. QDPR1, 1600 20th St., N.W., Washington, D.C., 20009. On the Internet, visit <http://www.citizen.org/hrg/qdsite/orderform.htm>.

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday at 1 p.m. at 199 Museum Way (off Roosevelt, above the Castro). All ages are welcome; under 8 must be accompanied by an adult. Museum admission is free with \$3 per person workshop fee (except where noted). Call 554-9600 for further information.

*Jan. 6: Let the exhibit *Essentially an Estuary* inspire the use of natural materials to **Make Your Own Swamp**.

*Jan. 13: **Bottle Cap**

*Jan. 20: Get ready for Chinese New Year and make **Dragons on Sticks**.

*Jan. 27: Make an **Under-the-Sea Mobile**.

Other regular Saturday activities include:

*Drop-in Family Ceramic Workshop from 10-11:15 a.m.

*Golden Gate Model Railroad Exhibit from 11 a.m. to 4 p.m.

*Meet the Animals, a special hands-on program from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

Chocolate: More Than Just Good Tasting?

by LE Applegate, Ph.D.

(NAPS) Chocolate is one of life's sweetest pleasures, but too often it is considered an unnecessary indulgence and many people feel guilty once they've consumed it. But scientific research is dispelling many of the myths surrounding this scrumptious food.

Q Can chocolate really be good for me?

A: It's true, chocolate can fit into a healthy diet. Chocolate contains naturally occurring plant compounds called polyphenols. Scientists believe that polyphenols act as antioxidants, helping to protect tissue and cells in the body from the potentially harmful effects of free radicals.

New research shows that chocolate may have a role in maintaining heart health. Studies conducted by the University of California, Davis and Mars,

Telecourses Available from S.F. City College

More than 2,400 San Franciscans a year are solving their problems of not enough time to continue their education by watching television in the comfort of their own homes. Registration for the Spring 2001 semester is going on right now.

Telecourses are college credit courses available from San Francisco City College (CCSF) that students watch on Educational Access Cable Channel 27.

Students can videotape their lessons, which allows them to watch at their convenience and review their lessons.

Telecourse students come to campus only three times a semester for an orientation, a midterm and a final.

Cost for a Telecourse is \$11 a unit plus cost of a textbook. Most CCSF Telecourses are 3 units.

Telecourse lessons are also kept at City College and most are available for rent.

For the Spring 2001 semester, CCSF is offering: African History (HIST 48); American Cinema (FILM 18); Art America (ART 188); Art of the Western World (ART 116); Beginning

Incorporated have found that chocolate has positive effects on certain cardiovascular functions and suggest that chocolate can help to maintain heart health.

Q Isn't the fat in chocolate bad for me?

A: Surprisingly, the fat in chocolate may not be as bad as you think. The fat in chocolate, derived from cocoa butter, is comprised of several components. One component is stearic acid, which, although it is classified as a saturated fat, is unique. Research has found that, unlike other saturated fats, stearic acid may have a neutral effect on blood cholesterol.

Q Should I be concerned about the caffeine in chocolate?

A: The caffeine in chocolate is negligible. In fact, a Dove® Milk Chocolate Bar (1.3 oz.) has approximately 4 mg. of caffeine—the amount in an average cup of decaffeinated coffee.

Q Are there differences among types of chocolate?

A: Not all chocolate is created equal. The levels of polyphenols in chocolate

Piano (MUS 9A); Chemistry for Nonscientists (CHEM 110); Conceptual Physics (PHYC 10); Conversational Italian (ITAL 10A); Cosmic Evolution (AST 1); Discovering Psychology (PSY 1); Elementary French (FREN 1A); Eyes on the Prize (HIST 41B); Introduction to Management Communication (SUPV 234); Introduction to Theatre (THA 1); Joseph Campbell; Transformations of Myth Through Time (ENG 48J and 49J); Living with Health (HLTH 53); Mass Media and Society (BCST 103); Ownership and Operation of a Small Business (SMBS 135); Photographic Vision (PHOTO 50B); The People's Century (HIST 3A); The Civil War (HIST 53A).

For more information and a Telecourse brochure, call (415) 239-3885.

Free Flu Shots Available

Effective immediately while vaccines last, all people can come to North East Medical Services (NEMS) for free flu shots. No appointments are necessary. Please come to either 82 Leland Ave. or 1520 Stockton St., Monday through Friday from 8:30 a.m. to 5:30 p.m.

VISITACION VALLEY GRAPEVINE - JANUARY 2001 - 7 can vary depending on how the cocoa beans are processed.

How can you be sure the chocolate you're eating has been processed to preserve the polyphenols?

Look for the CocoaPro label. Mars, Incorporated developed CocoaPro as the promise that their chocolate products are made from cocoa that is specially handled to preserve its natural goodness. Mars, Incorporated only applies the CocoaPro mark to those products that have undergone proprietary handling. You can learn more by visiting the CocoaPro Web site at www.cocoapro.com.

LE Applegate, Ph.D., is a faculty member of the Nutrition Department at University of California Davis

Grapevine Want Ads

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitation Valley area. Interested persons contact Dee Smith, VVCC After School coordinator, (415) 585-2059. **A LITTLE GOES A LONG WAY.** The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines, small children's furniture, writing and/or art supplies, educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnysdale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials.

BEEN THERE...DONE THAT! The Visitation Valley Jobs, Education and Training Program (across from the site of the recently demolished Geneva Towers) is accepting TANF and GA clients for "Welfare to Work—Job Readiness Training." Classes are conducted by sensitive community trainers from Visitation Valley. Got issues? No problem! We'll solve them together as you reach for your own self-sufficiency. Feel comfortable while you're trying to sell yourself into today's labor market. Contact Ann or Mary at (415) 239-2866 or 239-2877.

GRAPEVINE DISPLAY ADVERTISING now half off regular rates for a limited time. Full Page \$75; 1/2 Page \$40; 1/4 Page \$22.50; 1/8 Page \$12.50; 1/12 Page \$7.50. Discount for three or more insertions. Call (415) 467-9300 for more details. **Want Ads:** 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 20th of prior month at Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Visitation Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

AQUARIUMS
ASIANDISCUS AQUARIUM, 130 Leland Ave., 333-0772

AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd., 239-5239
CHARLIE'S GARAGE (Charlie Awegh), 2550 Bayshore Blvd., 239-7450
T.W. AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880

BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS
CUNEO BAKERY, 96 Leland Ave., 239-6090
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

BARBERS
DeMASI'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 178 Leland Ave., 239-6709

BEAUTICIANS
ANGEL COIFFURES, 5 Leland Ave., 239-9891
MAYMAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY (manicunst), 50 Leland Ave., 333-6800
A NEW START HAIR STUDIO (Joyce Hollins), 222 Leland Ave., 584-3077
WHO'S BA00, 224 Leland Ave., 657-3156

BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506

BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664. fax 333-4693

BOOKKEEPER
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CARPETS
HAN SAN CARPET AND BLINO, 41 Leland Ave.

CASKETS
CASKETORUM, INC., 93 Leland Ave., 585-3451, Cell 722-8500

CHURCHES
CHURCH OF THE VISITACION, 655 Sunnysdale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 18 Desmond St., 333-4503

CLOTHING
SPONA (designer fashions), 9 Leland Ave., 239-9631

DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500

DEVELOPERS
GENEVA VALLEY DEVELOPMENT CORP., 333 Schwerin St., 587-7895
TUNTEX U.S.A., 150 Executive Park Blvd., 468-6676

DISTRIBUTOR
PACIFIC FISH & POULTRY, 2414 San Bruno Ave., 468-2355

ELECTRICAL
TATE ELECTRIC (Joel Tale), 467-4657

FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave., 468-0145

GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

GROCERS
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wide St., 467-3024
LITTLE VILLAGE MARKET, 1450 Sunnysdale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE (deli), 2155 Bayshore Blvd., 468-6800
SARI-SARI FOOD STORE, 58 Leland Ave., 239-0580
7-11 (Manny DeLeon), 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEOOY'S MARKET, 298 Teddy Ave.
VALLEY SUPER MARKET, 65 Leland Ave., 239-7520

HERBS
KWOK HONG CHINESE HERBS, 57 Leland Ave., 585-8751
SAN ON HERBS, 33-A Leland Ave., 333-7469

HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

LAUNDRY/CLEANERS
BAYWASH, 44 Leland Ave.
COY WASH INTERNATIONAL, 83 Leland Ave., 333-9457
CITY WASH & DRY LAUNDRY, 186 Leland Ave.
FORTY-NINER CLEANERS (David Chan), 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

LEARNING
3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

LOCKSMITH
M-J LOCKSMITH, 200 Leland Ave., 587-8403

LODGING
THRIFTLodge, 2011 Bayshore Blvd., 467-8811

MANUFACTURERS
NATIONWIDE PAPER, 345 Schwerin St., 586-9160

MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnysdale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwerin St., Appointments: 715-0310
DR. SAM HO, MD, 9 Sillman St. No. 4, 337-6135
NORTHEAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave.
PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel) 2858 San Bruno Ave. 467-7500

NOTARY
ROYAL PACIFIC MORTGAGE & REALTY, 46 Leland Ave., 333-4900

ORGANIZATIONS
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnysdale Ave., 333 Schwerin St., 584-4044
JOHN KING SENIOR CENTER, 590 Leland Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
SENIOR CENTRAL DISTRICT 7, 66 Raymond Ave., 337-1789
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401

POST OFFICE
VISITACION U.S.P.O., 68 Leland Ave., (800) 275-8777

REAL ESTATE
CAMERON JONES, INC. (Cathy Kline-Saunders), 334-0800
HENRY SCHINOEL, 239-5850

RESTAURANTS
CLIFF'S BARBECUE, 2177 Bayshore Blvd. 330-0736
G & L BAKERY AND RESTAURANT, 198 Leland Ave., 239-6283
HONG YUN RESTAURANT, 73 Leland Ave., 469-5686
SUN FAI RESTAURANT, 30 Leland Ave., 587-2763
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252
SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141
TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433

SELF-DEVELOPMENT
OYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist), 467-7608

SERVICE PROVIDERS
THE VILLAGE, 333 Schwerin St., 239-5045
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES AND TRAINING (VVESSST), 120 Leland Ave., 586-7347
VISITACION VALLEY COMMUNITY CENTER, 50 Raymond Ave., 457-6400
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VJET), 333 Schwerin St., 239-2866

SHOE REPAIR
ARMANDO'S SHOE REPAIR (Armando Rosignuolo), 156 Leland Ave., 239-7216

SIGNS
SMITH'S SIGNS, 153 Leland Ave., 333-2700

TAVERNS
THE CLUB HOUSE, 25 Blanken Ave.

VIDEO
SIN FUNG VIDEO, 144 Leland Ave., 586-1038

Party for Design Competition Winner



Loren Brown of Providian Bankcorp congratulates MoRaysha Pouoa on her design, titled "World Peace," which won first place in a design competition held by the bank. MoRaysha's design was printed on holiday greeting cards that Providian sent this year to thousands of customers and business colleagues.



And the prize awarded by Providian Bankcorp to young Miss Pouoa for her winning holiday card design was a great party for MoRaysha and all her classmates at Visitacion Valley Community Center's after school program, complete with carnival games, food and gifts.

Taking Charge of Your Batteries with a Checklist

(NAPS) It's time to take the guesswork out of buying batteries!

The next time you shop, wouldn't you like to be certain of the exact sizes and types of batteries you need for all your at-home battery-operated devices? Thanks to Panasonic Batteries' new "Take Charge of Your Batteries" Checklist, your guessing games are over.

Experts at Panasonic, one of the largest manufacturers of batteries and consumer electronics in the world, offer several tips on how to stay ahead of all your battery needs.

*Take advantage of this special offer from Panasonic Batteries and order a FREE checklist.

*Then, take a complete inventory of all the battery-operated devices in your home.

Online Courses at CCSF

City College of San Francisco will offer nine online credit courses for Spring Semester 2001 beginning January 22. Courses offered are Mass Media and Society, Chemistry for Nonscientists, Principles of Economics, Advanced Editing, Survey of International Business, College Success, Use of Information Resources, Introduction to Human Physiology and Ownership and Operation of a Small Business. All online credit courses can be applied towards an AA degree conferred by City College, and many are transferable to a four year university.

To enroll in online courses at City College, download the application from the online website (<http://www.ccsf.org/>) online or call (415) 239-3885 to receive more information. To complete the registration process, follow the directions for Spring 2001 courses on the website.

*Record the quantities, sizes and types of batteries needed to power each device.

*Keep your checklist handy and refer to it whenever you shop.

According to Suzanne Haines, senior marketing manager of Panasonic's Battery Sales Group, "The people who have the batteries they need, when they need them, aren't just lucky—they're prepared. Start by anticipating your battery needs, rather than waiting for your product's power to fully deplete before you have to purchase new batteries."

Here are the most common battery sizes and some of the devices they typically power: AAA batteries-TV remote controls; AA batteries-cameras, alarm clocks, portable CD players; C batteries-flashlights, toys; D batteries-boomboxes; 9-volt batteries-smoke detectors, garage door openers.

Haines also alerts consumers that not every type of battery effectively powers all electronics products. For example, palm organizers, digital cameras, and mini-disk players are high-tech devices that drain power from a heavy duty battery quickly. These products require a longer lasting, more powerful alkaline battery, like Panasonic's Alkaline for Digital Electronics. In a product like a TV remote control or garage door opener, it is more economical to use a heavy duty battery because it provides just the right amount of power required by those less demanding, mid to low drain electronics products.

To obtain a free checklist, please enclose a self-addressed stamped envelope to: Panasonic Batteries' Product Checklist, Dept. C, P.O. Box 8014, Walled Lake, MI 48391-8014.

Getting the Clear Picture On Lasik Eye Surgery

Tired of wearing glasses or contact lenses? Considering Lasik eye surgery? Lasik, one of the newest procedures for vision correction, is surgery to a very delicate part of the eye. And while hundreds of thousands of people have had Lasik, most very successfully, it's not for everyone.

The Federal Trade Commission and the American Academy of Ophthalmology advise you to get the clear picture on what you can expect before you sign up for the procedure.

Are you a good candidate for Lasik? Before you can weigh the risks and rewards, know that:

*You should be at least 18 years old and in good health.

*You should not be pregnant or nursing.

*You should not be taking certain prescription drugs, such as Accutane or oral prednisone.

*Your eyes must be healthy and your prescription stable.

Even if you have the surgery, you may not get the perfect vision you're hoping for. That's because 20/20 does not always mean perfect vision. And if you have Lasik to correct your distance vision, you'll still need reading glasses when you're around age 45. You also may need to return for additional surgery, called "enhancements," to fine-tune your vision. Remember that Lasik is too new to know if there are any long-term ill effects beyond five years after surgery and the procedure cannot be reversed.

If you decide to proceed, ask your surgeon the following questions:

*How long have you been doing Lasik surgery?

*How do you define success? What's your success rate? What is the chance for me to achieve 20/20?

*What laser will you be using for my surgery? Make sure your surgeon is using a laser approved by the U.S. Food and Drug Administration (FDA).

*What's involved in after-surgery care?

*Who will handle after-surgery care? Who will be responsible?

*What about risks and possible complications?

*What about side-effects? How long will they last?

For more information about Lasik, call the FTC toll-free, 1-877-FTC-HELP, and ask for the publication, Basic Lasik: Tips on Lasik Eye Surgery.

Where To Complain

The FTC works for the consumer to prevent fraudulent, deceptive and

unfair business practices in the marketplace and to provide information to help consumers spot, stop and avoid them. To file a complaint, or to get free information on any of 150 consumer topics, call toll-free, 1-877-FTC-HELP (1-877-382-4357), or use the online complaint form. The FTC enters Internet, telemarketing, and other fraud-related complaints into Consumer Sentinel, a secure, online database available to hundreds of civil and criminal law enforcement agencies worldwide.

New Technology Helps Keep Vehicles on the Road

(NAPS) Innovative braking technology is helping to keep cars out of trouble and on the road.

A driving stability system, known as the Electronic Stability Program (ESP), developed by engineers at Continental Teves, is on constant standby to assist drivers as critical situations arise in the twists and turns of driving.

It is an interactive safety system said to significantly improve vehicle stability-within physical limits-in all three areas of vehicle performance: accelerating, cornering and braking. It can help avoid potential accidents and helps drivers maintain control of their vehicles even in critical situations.

ESP, through electrical sensors strategically placed throughout the vehicle, analyzes steering wheel activity, wheel speeds, acceleration and the vehicle's rotation about its vertical axis (in technical jargon this is called yaw) and continually compares this data to determine whether the actual course of the vehicle corresponds to the desired direction.

If this is not the case, ESP jumps into action. By braking individual wheels, ESP corrects understeer and oversteer, and helps keep vehicles on the road. The system is based on familiar components such as anti-lock brakes and traction control.

For example, before a car starts to skid (the rear wheels start to swing

out) ESP activates the front wheel brake on the outside of the curve to prevent the rear-end of the vehicle from breaking away. Where necessary, ESP intervenes in engine management as well.

"ESP was not designed for luxury or high performance cars alone," states Mark Sovka, Vice President, Electronic Brake Systems for Continental Teves, N.A. "It's meant to enhance driveability and safety, which makes it ideal for all vehicles, including vans and SUVs."

Continental supplied nearly 400,000 ESP units in 1999. In 2000, that figure will soar to 1.4 million. For 2003, the company already has orders for 3.4 million units.

Customers include Ford, Audi, BMW, Toyota, VW, Volvo, Jaguar and Mercedes Benz. By 2004, in Europe one of every three cars will be equipped with ESP.

By 2003, Continental Teves will supply one million units in North America.

To educate consumers on automotive safety technologies, Continental Teves developed the national safe driving initiative Drive Safer America!, which has educated thousands on how to properly use ABS.

For more information about Drive Safer America!, visit www.drivesaferamerica.org or call 1-800-694-5200 for a free video about ESP. You can visit Continental Teves North America online at www.contitevesna.com.



SORE FEET?



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Dr. Patel is specialized in the treatment of all foot and ankle problems, including:

* Ingrown / Painful Nails

* Warts

* Painful Corns & Calluses

* Bunions / Hammertoes

* Painful Heels / Arches

* Arthritis / Related Problems

* Diabetic Feet / Ulcers

* Poor Circulation Problems

* Orthotic Devices

* Ankle & Foot Injuries



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